

The plan

BIKE STRONG IN FOUR WEEKS

THE TRAINING YOU NEED TO BLAST THE BIKE, WITHOUT LETTING YOUR SWIM AND RUN SLIDE

Meet the expert

Phil Mosley

Mosley is our Coaching Editor, a multiple national triathlon age-group medallist and 2012 National Duathlon Champion



injuries or muscle soreness like running is, or by technique and flexibility issues like swimming, so there's a direct correlation between training and race performance. You get out what you put in.

It's why pro cyclists train for five or six hours per day and how they cope with three weeks of intense racing during the Tour de France. If professional runners could train for six hours per day, they would. It's why the likes of 5,000m World Champion Mo Farah train on an underwater treadmill, in an attempt to squeeze in more specific aerobic conditioning than their competitors without making their

FOR MANY TRIATHLETES, cycling is the discipline that holds the most untapped potential for improvement. During a triathlon you spend more time on the bike than you do running or swimming so it makes sense to devote plenty of time and effort into training. Cycling isn't limited by

legs sore. Cycling is a non-weight bearing and non-impact sport, so you can be on the bike for longer without risking excessive fatigue and muscle damage.

Thankfully you don't need to train like a pro cyclist in order to improve. You can still fit your triathlon training around your job, family and anything else you have on your plate. But you do need to make cycling your training focus for at least a month, and be prepared for your swim and run performances to stay static during that time. Sometimes it's better to improve significantly in one discipline than it is to plateau in all three.

So to help transform you into a stronger cyclist there are two four-week plans to choose from – one takes around six hours per week and the other takes 11. Pick whichever one you can cope with best, depending on your experience, fitness and spare time. Both of them are suitable for triathlon distances up to Ironman 70.3. Or you can borrow elements of both plans and use your common sense to construct your own schedule, while making sure you don't give yourself too many consecutive hard days.

Finally make sure you use the Training Zones and Key, so that you do everything right first time around, rather than having to learn from mistakes.



Post-plan training tips

Once you've completed one of these four-week plans you can either carry on with a similar pattern for another four weeks or revert back to splitting your time more evenly between swimming, cycling and running. As you approach your target races the important thing is to incorporate one or two brick sessions each week (bike into run) so you can run fast on your newly strong cycling legs.

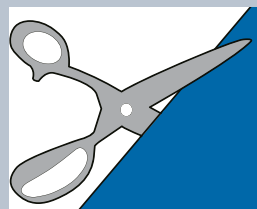
Are these plans for you?

Before beginning this plan you should already be able to:

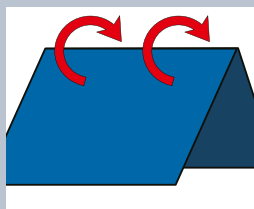
- Ride your bike for at least 90 minutes
- Run for at least 30 minutes
- Swim 400 metres non-stop

How it works

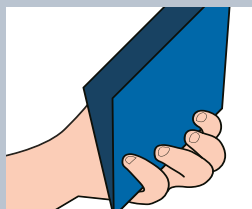
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training

Photos: Russell Burton, Paul Smith





Beginner/Improver

BIKE TRAINING

GET BIKE-FIT LEGS AND SEE YOUR FITNESS IMPROVE WITH OUR FOUR-WEEK PLAN

FOLD 1

WEEK 01

WEEK 02

Mon	AM Swim 2,400m Technique session WU 2x (150m FC, 100m KICK, 50m PULL) MAIN 4x (25m DOG, 25m FC, 25m FISTS, 25m FC, 25m SCULL, 25m FC) +20m RI, 2x400m N/S +30secs RI WD 400m easy FC or BACK PM Run 30mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 6x1min flat-out fast (+1min RI) WD 9mins in Z2	Mon	AM Swim 2,000m Technique session WU 200m FC, 200m PULL, 100m KICK +20secs RI MAIN 8x50mas (25m FDRAG, 25m FC) +60secs RI, 1x400m in Z3 (+15secs RI), 2x200m in Z3 (+15secs RI), 2x100m in Z3 WD 100m easy FC or BACK PM Run 30mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 3x2mins flat-out fast (+2mins jog recoveries) WD 10mins in Z2
Tue	Bike 50mins WU 10mins in Z2 MAIN 10, 9, 8mins all in Z3 (+2mins RI) WD 10mins in Z2	Tue	Bike 50mins WU 10mins in Z2 MAIN 10, 9, 8, 5, 6, 5, 4, 3mins all in Z3 (+1min RI) WD 4mins in Z2
Wed	Swim 2,000m Strength session WU 300m FC, 100m KICK, 4x50m BUILD (+15secs RI) MAIN 200m BAND +20m RI, 300m ANKLES +30secs RI, 400m PULL +40secs RI, 200m FC WD 200m FC, 100m KICK	Wed	Swim 2,000m Strength session WU 300m FC, 100m KICK, 4x50m BUILD +15secs RI MAIN 4x50m FC in Z4 +15secs RI, 200m PULL in Z2 +20secs RI, 2x50m FC in Z4 +15secs RI, 200m PULL in Z2, 4x50m FC in Z4 +15secs RI WD 200m FC, 100m KICK, 200m PULL
Thu	Run 30mins WU 10mins in Z2 MAIN 15mins in Z3 WD 5mins in Z2	Thu	Run 30mins WU 10mins in Z2 MAIN 15mins in Z3 WD 5mins in Z2
Fri	Rest day	Fri	Rest day
Sat	Bike 50mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 6x3mins hard in Z4 (+3mins RI in Z1) WD 5mins in Z2	Sat	Bike 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 30mins as (alternating 2mins in Z4, 2mins in Z2) WD 5mins in Z2
Sun	Bike 1hr 30mins endurance ride in Z2	Sun	Bike 2 hour endurance ride in Z2

TRAINING ZONES

USING THESE Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it.

You can either estimate your intensity using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

ZONE 1 [Z1] Recovery

60 to 65% of your maximum. Easy pace, feels nice and light.

ZONE 2 [Z2] Steady

65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

ZONE 3 [Z3] Tempo

75% to 80% of your maximum. A fairly hard, but sustainable pace.

ZONE 4 [Z4] Race tempo

80 to 90% of your maximum. A hard pace that requires real focus to sustain.

KEY **WU** Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **KICK** Kick with a float held out in front of you, **BUILD** Gradually increase the intensity of each rep within a set, **PULL** Front crawl with a pull float between thighs, **RI** Rest interval, **BACK** Backstroke, **BREAST** Breaststroke, **1-ARM** Front crawl using one arm only **N/S** Negative split—swim the 2nd half faster than the first, **FDRAG** Drag your fingers along the surface during the FC arm recovery, **FISTS** Swim FC with clenched fists, **DOG** Doggy paddle, **SCULL** Kick with arms held out in front, sculling your hands side to side, **BAND** Front crawl with a rubber band or inner-tube tied around ankles, **ANKLES** Front crawl with pull float between ankles

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 03

WEEK 04

Mon	AM Swim 2,000m Technique session WU 300m FC, 200m KICK, 100m PULL +20secs RI MAIN 4x50m 1-ARM, 200m N/S, 4x50m FDRAG, 200m N/S, 4x50m FISTS, 200m N/S WD 200m easy FC or BACK PM Run 30mins WU 15mins as (10mins in Z2, 5mins in Z3) MAIN 2x3mins flat-out fast (+2mins jog recoveries) WD 5mins in Z2	Mon	AM Swim 2,000m Muscular endurance session WU 200m FC, 200m FDRAG, 200m FC, 200m KICK MAIN 4x100m FC in Z3 +30secs RI, 4x50m PULL in Z3 +15secs RI, 4x100m FC in Z3 +30secs RI WD 200m easy FC or BACK PM Run 30mins WU 15mins as (10mins in Z2, 5mins in Z3) MAIN 5mins in Z4 WD 10mins in Z2
Tue	Bike 50mins WU 10mins in Z2 MAIN 10, 9, 8 mins all in Z3 (+90secs RI) WD 10mins in Z2	Tue	Bike 45mins WU 15mins as 10mins in Z2, 3mins in Z3, 2mins in Z2 MAIN 20mins alternating (30secs max, 30secs recovery spin) WD 10mins in Z2
Wed	Swim 2,300m Strength session WU 200m FC, 100m KICK, 200m PULL, 100m FC MAIN 400m (alternating 50m FC, 25m KICK), 3x (200m PULL, 100m KICK in Z3) +30secs RI WD 400m BACK/BREAST	Wed	Swim 2,000m Strength session WU 200m FC, 100m KICK, 200m PULL, 100m FC MAIN 6x100m PULL alternating Z2 and Z4 +30secs RI, 3x100m ANKLES in Z3, 8x50m BAND +10secs RI WD 100m KICK
Thu	Run 30mins WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2	Thu	Run 30mins WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2
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Sat	Bike 40mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 20mins as (alternating 1min in Z4, mins in Z2) WD 10mins in Z2	Sat	Bike 45mins WU 15mins as 10mins in Z2, 3mins in Z3, 2mins in Z2 MAIN 20mins as alternating (30secs max, 30secs recovery spin) WD 10mins in Z2
Sun	Bike 2hrs 30mins endurance ride in Z2	Sun	Bike 2 hour endurance ride in Z2

Triathlon YOUR 4-WEEK PLAN



Intermediate/advanced

BIKE TRAINING

RAMP UP YOUR TRAINING INTENSITY WITH THIS
FOUR-WEEK CYCLE FITNESS PLAN

FOLD1

TRAINING ZONES

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STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 01	WEEK 02
Mon	Rest day	Rest day
Tue	AM Swim 2,500m Technique session WU 3x300as (100m FC, 100m KICK, 100m PULL) MAIN 8x50mas (25m FISTS, 25m FC) 3x (150m FC in Z2, 100m FC in Z3, 50m FC in Z4) +20secs RI WD 300m easy FC or BACK PM Bike 50mins WU 10mins in Z2 MAIN 10, 9, 8mins all in Z3 (+2mins RI) WD 10mins in Z2	AM Swim 2,500m Muscular endurance session WU 100m FC, 100m KICK, 100m FDRAG, 100m PULL, 6x50m KICK MAIN 4x100m FC in Z3 +20secs RI, 300m PULL in Z1, 3x100m FC in Z3 +20secs RI, 200m PULL in Z1, 100m FC in Z3 WD 500m easy FC or BACK PM Bike 50mins WU 10mins in Z2 MAIN 3, 4, 5, 6, 5, 4, 3mins all in Z3 (+1min RI) WD 4mins in Z2
Wed	Run 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 8x1min flat-out fast (+2mins jog RI) WD 10mins in Z2	Run 40mins WU 12mins as (5mins in Z2, 5mins in Z3, 2mins in Z2) MAIN 5x2mins flat-out fast (+2mins jog recoveries) WD 10mins in Z2
Thu	AM Swim 2,500m Strength session WU 300m FC, 100m KICK, 300m PULL, 100m KICK MAIN 400m (alternating 50m FC, 25m KICK), 8x50m PULL in Z3 +15secs RI, 2x100m KICK as 50m easy, 50m hard +20secs RI, 300m PULL in Z3, 3x100m ANKLES in Z2 +30secs RI WD 400m FC/BACK/BREAST PM Bike 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 6x3mins hard in Z4 (+3min RI in Z1) WD 5mins in Z2	AM Swim 2,600m Strength session WU 200m FC, 100m KICK, 200m PULL, 100m KICK MAIN 400mas (alternating 50m FC, 25m KICK), 8x50m PULL in Z3 +15secs RI, 2x100m KICK as 50m easy, 50m hard +20secs RI, 300m PULL in Z3, 3x100m ANKLES in Z2 +30secs RI WD 400m FC/BACK/BREAST PM Bike 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 30mins as (alternating 2mins in Z4, 2mins in Z2) WD 5mins in Z2
Fri	Run 60mins WU 25mins in Z2 MAIN 15mins in Z3 WD 20mins in Z2	Run 60mins WU 25mins in Z2 MAIN 15mins in Z3 WD 20mins in Z2
Sat	Bike 2hour endurance ride in Z2	Bike 2hr 30mins endurance ride in Z2
Sun	Bike 2hour endurance ride in Z2	Bike 2hr 30mins endurance ride in Z2

	WEEK 03	WEEK 04
Mon	Rest day	Rest day
Tue	AM Swim 2,900m Technique session WU 300m FC, 200m KICK, 200m FC MAIN 3x (300m PULL in Z3 +30secs RI, 100m FC in Z2 +20secs RI, 100secs FC in Z3 +20secs RI, 100m FC in Z4 +20secs RI) WD 400m easy FC or BACK PM Bike 50mins WU 10mins in Z2 MAIN 10, 9, 8mins all in Z3 (+90secs RI) WD 10mins in Z2	AM Swim 2,000m Technique session WU 300m FC, 200m KICK, 100m PULL +20secs RI MAIN 4x50m 1-ARM, 200m N/S, 4x50m FDRAG, 200m N/S, 4x50m FISTS, 200m N/S WD 200m easy FC or BACK PM Bike 45mins WU 15mins as 10mins in Z2, 3mins in Z3, 2mins in Z2 MAIN 20mins as alternating (30secs max, 30secs recovery spin) WD 10mins in Z2
Wed	Run 40mins WU 15mins as (10mins in Z2, 5mins in Z3) MAIN 4x3mins flat-out fast (+2mins jog recoveries) WD 8mins in Z2	Run 30mins WU 15mins as (10mins in Z2, 5mins in Z3) MAIN 5mins in Z4 WD 10mins in Z2
Thu	AM Swim 2,500m Strength session WU 2x250m FC, 100m KICK, 200m PULL MAIN 8x(25m SCULL, 25m FC) +10secs RI, 100m PULL in Z4 +10secs RI, 200m FC in Z3 +10secs RI, 300m PULL in Z2 +30secs RI, 200m FC in Z3 +20secs RI, 100m FC in Z4 WD 400m FC in Z3 PM Bike 45mins WU 10mins as (5mins in Z2, 5mins in Z3) MAIN 30mins as (alternating 2mins in Z4, 2mins in Z2) WD 5mins in Z2	AM Swim 2,300m Strength session WU 200m FC, 100m KICK, 200m PULL, 100m FC MAIN 400m (alternating 50m FC, 25m KICK), 3x (200m PULL, 100m KICK in Z3) +30secs RI WD 400m BACK/BREAST PM Bike 45mins WU 15mins as 10mins in Z2, 3mins in Z3, 2mins in Z2 MAIN 20mins as alternating (30secs max, 30secs recovery spin) WD 10mins in Z2
Fri	Run 60mins WU 25mins in Z2 MAIN 15mins in Z3 WD 20mins in Z2	Run 40mins WU 15mins in Z2 MAIN 15mins in Z3 WD 10mins in Z2
Sat	Bike 3hour endurance ride in Z2	Bike 2hour endurance ride in Z2
Sun	Bike 2hour endurance ride in Z2	Bike 2hour endurance ride in Z2